



1801 Beaufort Avenue  
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www.comoxseniors.ca  
Email: office@comoxseniors.ca



Dappled sunlight

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# June 2023 Newsletter

Father's Day Pancake Breakfast June 17

## President's Message

This President's report will be shorter than usual. Some will be pleased, others, not so much.

It's rather challenging pulling together a month-end story while being present for only the first half of the month.

In the meantime, your Board members, our employees, and volunteers are busy keeping this wonderful Centre running and offering a full slate of interesting activities. Of course, all members' participation is appreciated.

We just added a Finance Committee to our list of committees. Julie, Jacqueline, and Peggy are on this long overdue committee. They are now looking after the Centre's purse strings.

We have Dana, our consultant, doing interviews and documenting procedures in key Centre sectors such as Finance/Treasury, Kitchen/Cafeteria, Gift Shop, Activities/Space usage, and other areas. The outcome will be a Centre Operating Procedures Manual, an essential operating tool for an organization of our size. Oral traditions and memory recall are fine; however, they leave us vulnerable to information loss. If it works...document it. Diane and her volunteers are doing a similar exercise on the Office Procedures and the Centre Coordinator's Operating Manuals.

Au revoir. I'm now putting my brain in "Park" until June 1st.

*"Children have neither a past nor a future. Thus, they enjoy the present, which seldom happens to us." Jean de la Bruyère. French philosopher and moraliste (1645-1696)*

~Raymond Morin, President



We respectfully acknowledge that we live, work, and play on the traditional lands of the K'omoks First Nation Gila 'kasla...Hay ch q' a'. Major support from the Town of Comox is greatly appreciated.

## Events and Notices

Sat. June 17 – Father’s Day Pancake Breakfast

Mon. June 19 – Board Meeting  
10:30 am in Council Chambers

Looking Ahead:

Mon. July 3 – Centre closed Canada Day Holiday

## Centre Rentals

The Centre is available for your event needs: weddings, birthday parties, holiday banquets, family gatherings, memorial services, celebrations of life. The Ballroom has a capacity of 115 and the dining room holds 50. Members of 2 years or more receive a discounted rate.

Rental information can be found on the website: [Services – Comox Seniors\\* Centre](#).

For more info or to book a rental, contact Michele Morton at [Michelemorton12@gmail.com](mailto:Michelemorton12@gmail.com) or 250-465-0333.

The Centre Ballroom



## MEMBERSHIP

### 2023 Membership

2023 memberships are available for purchase at the Office Mon-Fri 10 am-1 pm. Membership purchases are \$35.00.

**Cash, cheque, or debit!** Please make cheque payable to “d’Esterre Seniors’ Centre Association”. There is a stamp with this official Centre name available in the office.

### Let Us Know...

Please let the office know if you have a change of address or phone number. The information in the member database can then be updated to reflect your current and correct contact info. You can call the office at 250-339-5133 or send an email to [office@comoxseniors.ca](mailto:office@comoxseniors.ca)

## Dei’s Café

### Hot Meal Menu



*Hours of Operation: 8:00am-1:00pm (Last call for lunch orders 12:30pm)*

**BREAKFAST SERVED MONDAY TO FRIDAY 8:00am – 10:30am. Breakfast includes: 2 eggs, Hash browns, Bacon, Ham, or Sausage, and Toast \$10**

Thursday	June 1	Roast Beef
Tuesday	June 6	Roast Pork
Wednesday	June 7	Mac & Cheese
Thursday	June 8	Liver & Onions
Tuesday	June 13	Cold Plate
Wednesday	June 14	Fish & Chips
Thursday	June 15	Meatloaf
Tuesday	June 20	Shepherd’s Pie
Wednesday	June 21	Cold Plate
Thursday	June 22	Liver & Onions
Tuesday	June 27	Ham & Scalloped Potatoes
Wednesday	June 28	Pork Cutlets
Thursday	June 29	Cold Plate

*If you would like to be part of the kitchen team, contact Dei to volunteer at [lafonddeidre378@gmail.com](mailto:lafonddeidre378@gmail.com) or 250-650-6459.*

## News From the Centre

### **From The Gift Shop**

Summer has arrived! Fun in the sun on the water with our new boat...so exciting.

Even more exciting news is the upcoming renovation to the Gift Shop. It's all happening in July (date to be determined). The Town of Comox will be removing the existing fixtures, painting, and installing the slat wall. This will make the shop look more spacious and items will be represented on new fixtures.

The Shop will close down July 1st for approximately 2-3 weeks.

The shop will not be taking consignor's items for June, but we look forward to your new creations in August. New consignors can contact Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca) for August.

Consignors' remaining items will be inventoried and boxed up July 3rd and securely stored till renovation has been completed. Consignors have the option of removing items or storing. Storing the items will enable the shop to have merchandise to put out once the work has been completed. Consignors, a reminder to please pick up your payouts by June 30th before the shop closes.

Wendy Nelson has returned with her beautifully painted hats. She has birds and floral designs painted on caps, visors, and bucket hats. Don't miss getting your summer hat.

Now is the time to pick up gifts and cards for those summer birthdays and anniversaries.

Need some summer reading material? Check out the selection of books by local authors.

Stay tuned for news and updates on the Gift Shop. Enjoy your Summer!

The Gift Shop Gals



### **Library News**



The Centre library will be holding a mini sale on Thursday, June 8th, from 9:00 AM to 1:00 PM. Included in the sale will be books, DVDs, and puzzles. The sale will be held in the library area. All proceeds generated from the sale will be donated to the d'Esterre Seniors' Centre.

### **Special Occasion Cards**



Please let Betty know if there is a member to send a card to for birthdays, illness, a death, or any other notable occasion.

Betty Edwards By phone: 250-339-9752

By email: [thriftstorequeen43@gmail.com](mailto:thriftstorequeen43@gmail.com)

### **Tour d'Esterre Centre**

Centre tours are closed for the Summer. There will be no more monthly tours of d'Esterre Centre scheduled until Sept.

I will give private tours, though. Please phone or email me to set up a date. All members are encouraged to take a walk about the whole centre and discover what happens in all the rooms. Hope to hear from you...Enjoy your summer, whatever or wherever you do.

Sherry

250-941-1808

[Sherbry650@gmail.com](mailto:Sherbry650@gmail.com)

### **NO Coffee with AI**



AI will be away for the summer months. He will be back at the corner table in September.

## SPECIAL EVENTS

### Mother's Day Fashion Show



It was a beautiful, sunny Mother's Day as everyone in attendance enjoyed the Spring Fashion Show and Tea. Ten models wowed everyone with three stylish, fun outfits, each from four local shops. Thanks to Winners, Packables Travel Solutions, Sha-rons, and Gardenworks (formerly Art Knapps).

A very special thank you to Katherine Dickey from Gardenworks for loaning the table center pieces, the runway topiary trees, and flowers.

Sharon Anderson from Shar-ons donated four gift certificates for door prizes.

Thanks to the Gift Shop consignors for donating twelve handmade door prizes. The Quilters Club raffled off their two quilts, raising over \$700 for the Centre. Lulu Paz won \$223.00 on the 50/50 draw. Thanks to Dei and her team for preparing the sandwiches and treats.

Thank you to the models and volunteers who assisted in making this a special event.

Next up is the Father's Day Pancake Breakfast! Mark Saturday, June 17th 9am-12pm on your calendar. Come out and enjoy a hearty breakfast of pancakes, eggs, bacon/sausage, and beverage. Door prize and 50/50 draw to be won.

Spread the word verbally or pick up a poster at the front entrance to post at your church, gym, or wherever.

This is the last special event for the summer until the Fall. Don't miss celebrating Dad or the man in your life.

## June Special Event



## FATHER'S DAY

## PANCAKE BREAKFAST



# \$15

### Saturday, June 17

### 9am - 12pm

Open to public

DOOR  
PRIZE

Tickets sold at door

50/50  
Draw

Gift shop will be open 9-12:30



**d'Esterre Seniors'  
Centre Association**  
[www.comoxseniors.ca](http://www.comoxseniors.ca)  
[comoxseniors@shaw.ca](mailto:comoxseniors@shaw.ca)

**1801 Beaufort Ave.,  
Comox, BC V9M 1R9**  
(across from Town Hall)  
**250-339-5133**

## June Info Session

**NO  
"INFO SESSION"  
IN JUNE  
SEE YOU AGAIN JULY 15th.**

### Information Session Calendar

Here are the upcoming info sessions – mark your calendars:

June 17 – No Info Session

July 15 – Falls Prevention

Aug 19 – Death and Dying

## More News from the Centre

### From the Desk of Diane Stewart, Centre Coordinator

The d'Esterre Seniors' Centre office continues to be an exciting and busy place. This busy time presents a "Job Opportunity" for a Centre Coordinator Assistant. This part time position is perfect for anyone with office skills including Microsoft Office, cash handling skills, organizational skills, and the ability to work independently. For more information on this position be sure to check out the job posting on our website [www.comoxseniors.ca](http://www.comoxseniors.ca)

Lots of projects are in the works including setting up a new system to organize the "keys" at the Centre, coordinating cupboards for groups and classes to keep their "stuff" in with minimal space available, maintaining our membership database with an ever-increasing number of residents becoming members at d'Esterre, and all-around general office duties. Each day is different and that is why I love this job!

Many of the classes at the Centre will continue throughout the summer months with some exceptions. Information can be found in this month's newsletter or stop by the office if you have any questions concerning class registration.

Join us on Saturday, June 17th from 9am-12pm for our Father's Day "Pancake Breakfast". The event includes a 50/50 draw and door prize, and is open for everyone to come in and enjoy a home cooked breakfast.

### Employment Opportunity

The Centre is accepting applications for the position of Centre Coordinator Assistant.

This is a part-time position of 10 hours per week.

Closing date for applications: June 9th, 2023, by 4:30 pm.

Expected Start Date: July 6th, 2022.

A full job description including responsibilities, skills, and qualifications as well as details of the application process can be found on the Centre's website at:

[CentreCoordAssitJobPostingMay920232.pdf \(comoxseniors.ca\)](#)

### This Month's Chuckles

A group of seniors was sitting around talking about their ailments at their local haunt.

"My arms have become so weak I can hardly lift this cup of coffee," said one.

"My cataracts are so bad I can't even see my coffee," offered another.

"I can't turn my head because of arthritis in my neck," volunteered a third.

"What? Speak up! What? I can't hear you," said an elderly lady.

"My blood pressure pills make me so dizzy!" exclaimed another.

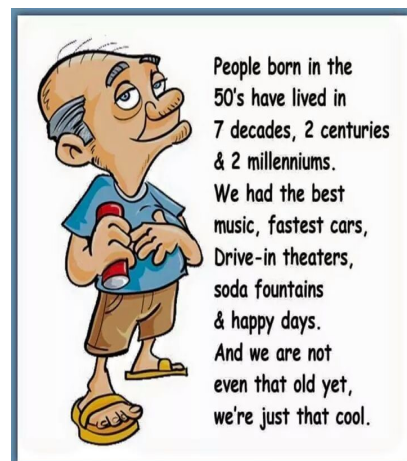
"I forget where I am .... and where I'm going," a gentleman piped up.

"I guess that's the price we pay for getting old."

There was agreement all round.

"Well, count your Blessings," said a woman cheerfully....

"Thank God we can all still drive."



## Activities Around the Centre

### Quilters' Group

Once again the Quilters' Spring Raffle has been a success. Thanks for the support of all those who purchased tickets making it possible for us to raise over \$700.00 for the centre. The draw took place during the Mother's Day Fashion Show on May 14th. The winner of the Shadow Box quilt was Margaret Nex of Comox and the smaller quilt was won by Andree Templeman of Courtenay.

Our ladies have been busy getting familiar with our new quilting machine and practicing to do the quilting on our own projects. As the saying goes, "practice makes perfect." Things are slowing down during the summer but we are still meeting on Tuesdays and Thursdays to get ready for the fall raffle. Have a safe summer.



### Cue Sports

If you're drawn to our Centre by the friendly, social atmosphere, to take advantage of equipment and tools that you simply don't have at home, or to partake in activities that keep you physically and mentally fit, you'd very likely enjoy playing pool or snooker in our Cue Sports Club room.

If cues are in your past, our two tables will help ease you back into the game. If you'd simply like to find out how relaxing (or challenging) cue sports can be, come by and chat with whoever is in the room. Or, call me any time and we could arrange to meet there. I'd be pleased to show you around. I look forward to welcoming you. Mike Couture, Cue Sports Club Coordinator, 250-898-4633

### Art Club

Now that we have fine weather, many artists enjoy painting and sketching outdoors. Some always carry a sketch book to record things of interest. All that's needed are a small sketch book, pen, or pencil (coloured are great). A small pocket-size paintbox and brush are also useful. Remember to take a small container of water or a waterbrush. It's a good idea to add information such as colours, etc., so that the sketch can be turned into a proper painting in the studio and, of course, always add the place and date. Even for those who don't aspire to be an artist, this is an occupation which anyone can enjoy and it's fun to look back at a completed sketch book and remember the time and place.



### Knitting Group



Do you enjoy knitting or crocheting? Come and join us for good conversation, sharing patterns, and show and tell. We meet Thursdays at 12:30

in the Dining Room.

FMI, contact Elaine at 250-941-2518.

### Walking Group

Individuals walk at their own pace, meet other like minded individuals and have a social connection. No cost involved. Anyone interested in joining the walking group, meet at d'Esterre Centre Dining Room at 9:00 am Tuesday, Wednesday, and Friday.

Exceptions:

2nd Tuesday of the month—meet at Pharmasave, Comox at 9 am

4th Tuesday of the month—meet at the south end parking lot of the Air Park in Courtenay at 9 am

FMI Sharon Paterson at [shpaterson@shaw.ca](mailto:shpaterson@shaw.ca)



## Activities Around the Centre

### Learn to Play Mah Jongg

with Harry Piercy. Thursdays 10-12 am in the Card Room. d'Esterre membership is required. \$0.50 per person. For information contact Harry at 250-702-5948.

### Fun & Games on Friday

MEXICAN TRAIN will continue for Fridays at 1:00 in the sunroom or cafeteria. FMI contact Sherry by phone 250-941-1808 or email sherbry650@gmail.com.

### Wednesday Duplicate Bridge

Every Wednesday starting at 1:00 pm. Playing fee for Centre members is \$2, non members \$5. Non duplicate bridge players are welcome. Bring a partner and give it a try. Questions? Email Frieda at home@shaw.ca

### Team of Four Bridge

3rd Sunday of every month March-June from 1pm-6pm in the Card Room  
FMI Chuck Hodson 250-338-3554

### Partner Bridge

Come and join us for MONDAY PARTNERS BRIDGE at 12:30 pm which is social contract bridge. Meet a fun bunch of swell people. In addition to prizes for top scores, there are additional ones to make it more exciting. Play is about 3 hours.

For more info, contact Jane Jenssen at 250-335-1227.

### Bid Euchre

Bid Euchre on Friday at 7 pm is moving to the downstairs Card Room. FMI contact Lori Carter 403-512-8203.

### American Mah-Jongg

America Mah-Jongg on Tuesdays at 1:30 pm in the library/sunroom area of the Dining Room. FMI contact Wanda at 780-742-5336.

### Skillbuilder's Bridge

You don't need a partner or expertise to play Skillbuilder's Bridge - just basic lessons (recently or in the past). You can bring your toonie, cheat sheets, and talk through your moves in a non-competitive environment. Join us downstairs at 1 PM in the Card Room, and bring your membership card. If you'd like to join this drop-in group, contact Judi: judimm@shaw.ca or call/text 250-218-5431.

### Cribbage

The number of people coming out for the Tuesday night games is increasing slowly and steadily, but there is plenty of room for more and new players are always welcome. The games are competitive but friendly and an enjoyable way to spend an evening.

Play starts at 7pm sharp, but come a bit earlier to help set up the tables, and stay after the games are done for a cup of decaf coffee and some goodies. Cost: \$2 (sometimes there's a free night) but be sure to always bring some dimes in case of getting skunked.

FMI contact Diana or Terry, 250-339-7714, or dianaterry@shaw.ca

### For the Love of:

Bid Euchre – call Lori at 403-512-8203

Canasta – call Harry at 250-702-5948

Cribbage – call Diana and Terry at 250-339-7714

Partner Bridge – call Jane at 250-335-1227

Duplicate Bridge (T,S) – call Jeannette at 250-339-7161

Duplicate Bridge (W) – email Frieda at home@shaw.ca

Team of Four Bridge – call Chuck at 250-338-3554

Skillbuilder's Bridge – call Judi at 250-218-5431

Mah-Jongg – call Ethel at 250-898-3887

American Mah-Jongg – call Wanda at 780-742-5336

Learn Mah-Jongg – call Harry at 250-702-5948



## Classes Around the Centre

### T'AI CHI GONG

Come experience "joy through movement". Tai Chi is a moving meditation that combines slow, fluid movements, meditation, and breathing. It can improve circulation, balance, flexibility, and alignment, and restore and rebalance your chi energy. It is a low impact exercise that puts minimal stress on joints and muscles while strengthening your core and posture. The gentle, flowing movements are easy to learn and follow to the soothing background of Hawaiian music. Mondays from 9-10 am with instructor, Nina Sato. Register at the Office \$20/month or \$7 drop-in. FMI contact Nina at [nsato@live.com](mailto:nsato@live.com) or 778-992-0220.



### DANCEFIT SILVER

This Zumba-style class is a great way to get fit and stay in shape. It features simple dance moves to music from around the world, and is tailored for the older adult. The focus is on having fun while moving the body to lively rhythms. Dance is a great way to strengthen muscles and bones, stimulate the brain, and improve posture and balance. Wednesdays, 10 am; cost: \$20/month or \$7 drop-in. No class in July and August. FMI contact Diana at 250-339-7714 or [dianaterry@shaw.ca](mailto:dianaterry@shaw.ca).



### LINE DANCE FUSION

A holistic and new approach to line dance at a pace suited for us seniors! Begin with a few stretches, move to dance routines, and end with chi movements as a way to balance the body and mind. There's a little bit of country, a little bit of pop, a little bit of soul, and a lot of fun. Nimisha has 30 years experience teaching Yoga and 5 years of Dance. Mondays, 12-1 pm; June-July 7-week series June 5 till July 24 for \$45, \$7 drop in. No Line Dance Fusion in August. FMI contact Andrea Gordon at (250) 650-0192 or [acgordon@shaw.ca](mailto:acgordon@shaw.ca).



### LINE DANCING WITH BRENDA

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face.



**ABSOLUTE BEGINNER CLASS** consists of instruction that is very repetitive and slow, ensuring your success in learning to line dance. Come and learn the terminology and basic steps of line dancing in a non-intimidating and friendly atmosphere. Interest in this class is extremely high. Sign up early to ensure you get your spot! Wednesdays 6:15 pm-7:15 pm.

**LOW BEGINNER CLASS** will run for July & August **only**. This class is a natural progression if you have attended the Absolute Beginner class and want to build upon the skills you have already learned. It will consist of low to medium level Beginner dances. Wednesdays 8:55-9:55 a.m. (July & August only)

**EXPERIENCED BEGINNER CLASS** is for the line dancer who has mastered basic steps and movements. Instruction will be at a quicker pace. It will consist of medium to high level Beginner dances, as well as some Improver level dances which will have more complex dance step patterns, longer steps, syncopation, various rhythms & tempos, and tags & restarts. Wednesdays 8:55-9:55 a.m. for the month of June. For the months of July & August, this class will be held Wed. 10-11 a.m.

All classes are \$20/month or \$7 drop-in. FMI contact Brenda Needham at [needham@telus.net](mailto:needham@telus.net) or (250) 890-2054.

### MAGI'S EXERCISE CLASSES

What can we do to help ourselves maintain our health and happiness? Magi instructs strength training, fitness, and chair classes and is very supportive of the level each person is at. She keeps an eagle eye on what is going on in her classes and on each participant.



New participants are welcomed. Chair class fee is \$8/month and the other classes are \$18/month for two classes per week. Strength training on Mon./Wed., Fitness and Chair Exercise classes on Tues./Thurs. Please see the last page of this newsletter for class schedules and coordinator info.

## Classes Around the Centre

### Class Registration

Class registration and payment of fees is done through the office and can be paid by cash, cheque, or debit. You can register and pay for one or more months. If you are interested in a class, please contact the coordinator to get more information, find out if there is space available, and arrange for a drop-in if that option is available for that class.

### Last chance for yoga and fitness for the summer...

There is space for d'Esterre members in the following Yoga/Core and Pilates classes. You may register now at the office for all of these classes. **Please contact the Coordinator with any questions.**

#### **Monday Hatha Yoga 3:00-4:30 pm Anne-Marie Hartman**

This yoga practice is for those who want to foster a deeper connection with their body through mindful movement and breath. Physical benefits include increased strength, flexibility, balance and relaxation. Modifications and rest are encouraged as needed. If you would like to learn more about Anne-Marie, please visit: [www.peacefulpathwellness.com](http://www.peacefulpathwellness.com)

Coordinator: Deborah Holmes [debholmescomox@yahoo.ca](mailto:debholmescomox@yahoo.ca) 250-339-4313

#### **Tuesday Core Plus Fitness 12:30-1:30 pm or 1:45-2:45 pm Steve Thomson**

All levels fitness classes with Medical Exercise Specialist Steve Thomson who challenges your balance, core, flexibility and mobility ending with a stretching session. This class enables you to be stronger and more confident in your daily activities. Modified schedule in July and August.

Coordinator: Linda Barfoot [fifthline@gmail.com](mailto:fifthline@gmail.com) 250-897-1374

#### **Wednesday Soma Nidra 4:30-6:00 pm Wendy Anderson**

Are you living with chronically tight muscles? Do you feel stressed out or anxious? Do you struggle to get a good night's sleep? Try Soma Nidra with Wendy and find relief, ease, and deep relaxation. This gentle class is accessible and breath focused. It includes a blend of gentle somatic movements and restorative postures, ending with a replenishing guided meditation. Need a tender time out? Join us every Wednesday at 4:30 pm. Feel free to contact Wendy Anderson at [wendyandersonsjoy-flow@gmail.com](mailto:wendyandersonsjoy-flow@gmail.com).

Coordinator: Susan Toresdahl [storesdahl@shaw.ca](mailto:storesdahl@shaw.ca) 250-339-6528

#### **Thursday Pilates 12:00-1:00 pm Jenny Aird**

Pilates is a gentle and controlled way to create functional strength, as well as increasing flexibility and endurance. Pilates heightens our body awareness and balance, helping with stability to prevent falls. It improves upon and maintains strength and mobility, allowing us to move through life with a bit more ease and enjoyment. We will work through age-appropriate exercises and build upon the skills we learn each week and we'll have a bit of fun while we're at it!

Coordinator: Linda Barfoot [fifthline@gmail.com](mailto:fifthline@gmail.com) 250-897-1374

#### **Friday All levels Yoga 10:45-12:15 pm Nancy Moelaert**

This KRIPALU yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With the continued guidance to keep the awareness of the breath, to find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and also includes variety to accommodate less flexibility and you are encouraged to work at your personal level. To learn more about Nancy visit [www.shoresofserendipityyoga.com](http://www.shoresofserendipityyoga.com)

Coordinator: Barb Taylor [barbtaylor88@gmail.com](mailto:barbtaylor88@gmail.com) 250-890-3446

## Classes Around the Centre

### Yoga Therapy Workshop Series

with  
Nancy Moelaert

June 8 , 15 , 22 and 29  
Thursdays 1:15 – 2:45 pm



**In this 4 Class Workshop  
each Class will have a Different Focus;**

June 8	Our foundation - Feet and Knees
June 15	The pelvis - Hip stability, flexibility and mobility
June 22	Spine - Low back
June 29	Spine - Upper Back, Neck and Shoulders

*Will help you alleviate your muscular tension,  
pain or discomfort and learn ways to self-heal.*

**Cost of \$ 40, for the 4 Classes**  
**Drop-in if space is available \$15 per class**  
**Register at the Office by June 2nd**

### Yoga Therapy Workshop Series With Nancy Moelaert

**\$40 for four classes**

**Drop-in if space is available for \$15/class**

**Please register at the office by June 2**

**Yoga** means Union – the union of body, mind and breath.

**Therapy** - Greek for healing, a treatment that helps someone feel better and grow stronger.

The emphasis of each class will be to understand our muscular tension, pain or discomfort and learn ways to self-heal.

The classes may include;

- Breathing and building a meditative awareness of our body and relaxing areas of tension.
- Pictures of particular muscles that may be involved in our pain to help visualize and understand our body's structure to receive more benefit.
- Self-massage using our hands, feet, props, or 4 to 10 inch balls. The use of Yamuna Body Rolling balls are like a deep tissue massage.
- Self-physiotherapy practices to release tension.
- Yoga poses and exercises to build strength.
- Yoga poses to relax and stretch.

### CANCELLATION POLICY AND REFUNDS FOR ALL CLASSES

#### Medical Reasons

In order to receive a refund for classes not taken, it must be for medical reasons. The coordinator will determine the validity of the medical reason. The coordinator must be informed immediately if medical leave is required. The participant will be placed on a list which will allow them to return when medically fit and if there is space available. No credit will be given for classes already missed.

#### Non-Medical Reasons

No credit will be given if a participant decides to drop out of a class for other reasons. If they drop out of a class that is fully subscribed, they will go on an Interest List if they want to return to the class at a later date. The coordinator will keep track of the Interest List.

#### Unforeseen Closures

Refunds will not be given for inclement weather, instructor absence or other unforeseen closures. e.g. other levels of government required closure.

#### Insufficient Registration

All classes are subject to cancellation due to insufficient registration. These decisions are made up to one week prior to the start date and a full refund will be issued for cancelled programs.

## More News from the Centre

### Thirty sixth Annual Swimming of the Duckys



For the 36th year running, the Comox Rotary Club will be hosting Ducky 500, the club's biggest fundraising event of the year! This year's duck race starts @1pm at Lewis Park on Canada Day, July 1st.

Comox Rotary welcomes all d'Esterre seniors to come down to the park and enjoy the race and Canada Day festivities. Duckies have been training hard for the big day, which in Rotary's humble opinion, is the premier duck race in all of Canada!

You can show your support by purchasing ducky tickets online @[www.ducky500.ca](http://www.ducky500.ca). If your duck crosses the finish line in the top 4, you're a prize winner! A single ticket is \$10, a three pack is \$25; or the best deal is 10 for \$75. Ticket prices have not changed since 1987, not a bad deal! Prizes this year are better than ever, and include three nights luxury accommodation at the fabulous Tofino Wickaninnish Inn and \$3000 spending money!

All proceeds support local charities.

Hope to see you on Canada Day, cheering on your ducks! And good luck!

### Easy Ways to Donate



Here's an easy way to help your Centre and the environment.

You can now donate the proceeds from redeemable beverage containers that normally are part of the community's recycling program. Bring your redeemable containers to the Centre and put them into the receptacle in the cupboard nearest the office. Please rinse them before you bring them.

#### More Options for Return-It Fundraising

You can take your recyclables to an Express Return-It yourself. There are two of these locations in the Comox Valley: Comox Mall and the Return-it Depot in Courtenay. If you choose to use the latter, you will need an acceptable bag, an appropriate label and a cell phone. Labels and bags are available from the office. An instruction sheet also is available at the office or you can email Frieda Home at [home@shaw.ca](mailto:home@shaw.ca) for a copy. Please consider helping your Centre in this way. Also, ask your friends and family for their support as well.



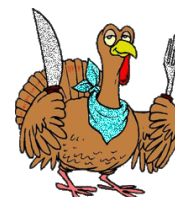
Help your Centre by donating your accumulated and new Quality Food Points.

We now have a donation account with Quality Foods in Comox and Courtenay. We're hoping to collect enough QF points to pay for the turkeys served at our Thanksgiving and Christmas dinners.

When checking out, just say "Please donate my points to Comox Seniors' Centre (d'Esterre)."

Donating made easy! Thanks and see you at our next dinner...

Quality Foods Premium Turkey please!!



## d'Esterre Seniors' Centre Association Clubs & Activities

For more information, contact the coordinator listed for an activity or class

<b>Centre Office</b> <b>Diane Stewart</b> <b>Centre Coordinator</b> M-F 10 am-1 pm 250-339-5133  <b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)	<b>Monday</b>	T'ai Chi Gong Soapstone Carving Painting Strength Training	BR CRR AR BR	9:00 am 10:00 am 10:00 am 11:00 am	Nina Sato Lorraine Kendall Dorothy Gardner Bev Haist or Caroline Hoon Andrea Gordon Jane Jenssen Gabrielle McCormack Deborah Holmes Karen Fraser Lori Carter	778-992-0220 250-339-1983 250-339-2788 250-871-4299 250-339-0816 250-650-0192 250-335-1227 250-339-0113 250-339-4313 250-890-0608 403-512-8203
	No Aug class	Line Dance Fusion Bridge (Partners) Carpet Bowling Yoga (Hatha) Yoga Bid Euchre	BR CR BR BR BR CR	12:00 pm 12:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm		
<b>Kitchen Hours</b> M-F 8 am-1pm  <b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193  <b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422	<b>Tuesday</b>	Fitness 1 Fitness 2 Quilters Glass Creations Rock & Gem Club Chair Exercise Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge	BR BR AR CRR CR BR BR BR DR CR BR BR CR	9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 1:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm	June Lunny Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Wanda Bell Judi Murakami Peg Macmillan Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Terry and Diana Fright	250-339-0847 250-465-1683 250-702-9493 250-339-9667 250-339-6966 250-339-6706 250-897-1374 250-897-1374 780-742-5336 250-218-5431 250-941-3656 778-585-5105 250-339-7161 250-923-5687 250-339-7714
	2 <sup>nd</sup> Tuesday  No July/Aug	Cribbage	BR	7:00 pm		
<b>Pottery Studio</b> Lorrie Smith 250-339-1902  <b>Wood Shop</b> Dave Robinson 250-703-2536  <b>Cue Sports</b> Mike Couture 250-898-4633 <b>Rock and Gem</b> Ralph Bruinink 250-339-6966	<b>Wednesday</b>	Exp Beg. Line Dancing June Low Beg. Line Dancing Jul/Aug Exp. Beg. Line Dancing Jul/Aug Dancefit Silver (prev. Zumba) Spanish Spoken Advanced	BR BR BR AR	8:55 am 10:00 am 10:00 am 10:00 am	Brenda Needham  Brenda Needham Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist or Caroline Hoon Gabrielle McCormack Frieda Home Peter Birch or Gerry Woloshyn Susan Toresdahl Brenda Needham	250-890-2054  250-890-2054 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299 250-339-0816 250-339-0113 250-339-0077 250-465-8154 250-339-3264 250-339-6528 250-890-2054
	In July/Aug In July/Aug No July/Aug	Glass Creations Strength Training  Carpet Bowling Duplicate Bridge Table Tennis I  Soma Nidra Yoga Absolute Beginner Line Dancing	CRR BR BR BR  BR CR BR	10:00 am 11:00 am  1:00 pm 1:00 pm 3:00 pm  4:30 pm 6:15 pm		
<b>Rentals</b> Michele Morton 250-465-0333 MicheleMorton12@gmail.com  <b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com	<b>Thursday</b>	Fitness I Fitness II Glass Creations Quilters Mah Jongg (Learn to Play) Chair Exercise Pilates Knitting Mah Jongg Silversmith Club Yoga (4 week session) Yoga	BR BR CRR AR CR BR BR DR CR CR CRR BR BR	9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:00 pm 12:30 pm 1:00 pm 1:00 pm 1:00 pm 1:15 pm 3:00 pm	June Lunny Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Linda Barfoot Elaine Kivela Ethel Ashcroft Bonnie Luterbach Linda Barfoot Karen Fraser	250-339-0847 250-465-1683 250-339-9667 250-702-9493 250-702-5948 250-339-6706 250-897-1374 250-941-2518 250-898-3887 250-465-1948 250-897-1374 250-890-0608
	1st Thursday June 8-29	Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun & Games Table Tennis I  Bid Euchre	AR BR BR BR CR DR BR BR CR	10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:00 pm 3:00 pm  7:00 pm		
<b>D'Esterre Centre Tours</b> Sherry Brydon sherbry650@gmail.com 250-941-1808  <b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220	<b>Friday</b>	Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun & Games Table Tennis I  Bid Euchre	AR BR BR BR CR DR BR BR CR	10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:00 pm 3:00 pm  7:00 pm	Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch or Gerry Woloshyn Lori Carter	250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-702-5948 250-941-1808 250-465-8154 250-339-3264 403-512-8203
		Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
<b>Custodian</b> Bill Brown 250-339-3020	<b>Saturday</b>	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
	<b>Sunday</b> 3rd Sunday	Bridge (Team of Four)	CR	1:00 pm	Chuck Hodson	250-338-3554

\*Room Legend: BR (Ballroom), CR (Card Room), CRR (Craft Room), DR (Dining Room), LIB (Library), AR (Art Room)

For changes or corrections to the schedule or for newsletter items, email editor Nina Sato at nsato@live.com